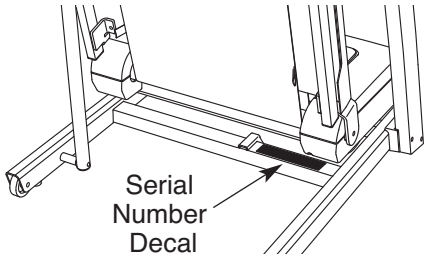
PRO-FORM® 480 E

Model No. PFTL49508.0
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

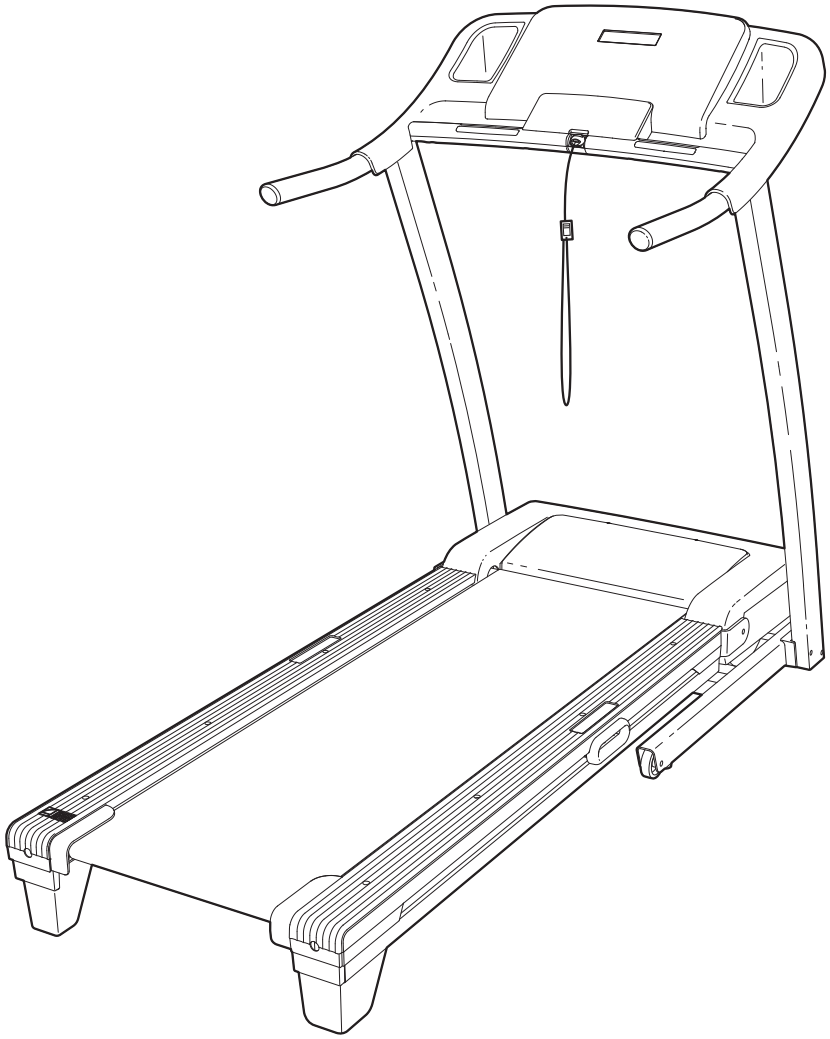
CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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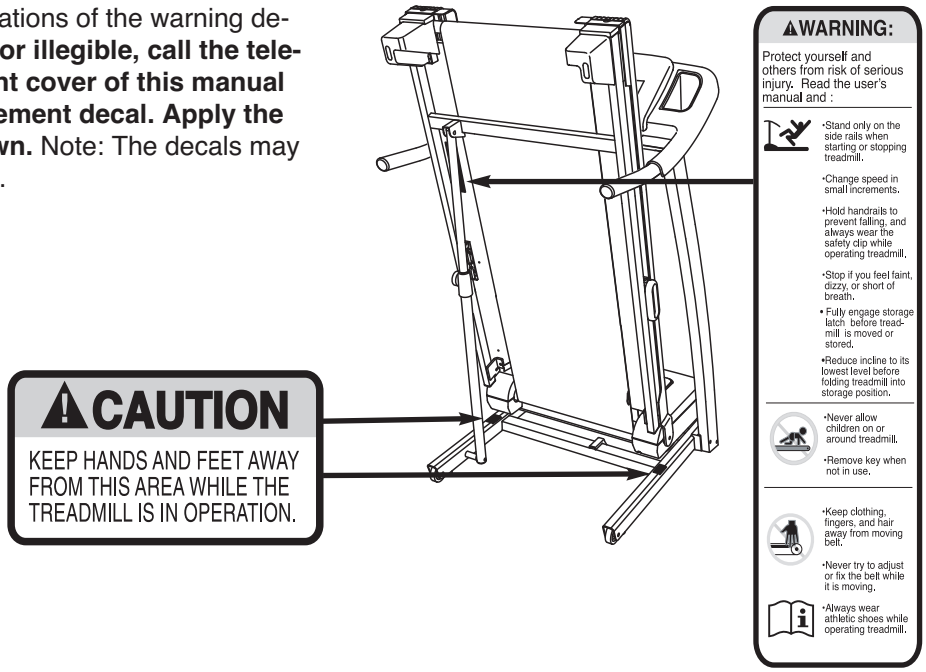
WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. Use the treadmill only as described.**

3. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

6. **Keep children under age 12 and pets away from the treadmill at all times.**

7. **The treadmill should be used only by persons weighing 250 lbs. (113 kg) or less.**

8. **Never allow more than one person on the treadmill at a time.**

9. **Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.***

10. **When connecting the power cord (see page 13), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**

11. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

12. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**

13. **Keep the power cord and the surge suppressor away from heated surfaces.**

14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 22 if the treadmill is not working properly.)**

15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).**

16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

18. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

19. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)**

20. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 20.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

21. **When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.**

22. **Never insert any object into any opening on the treadmill.**

23. **Inspect and properly tighten all parts of the treadmill regularly.**

24. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

25. **This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

SAVE THESE INSTRUCTIONS

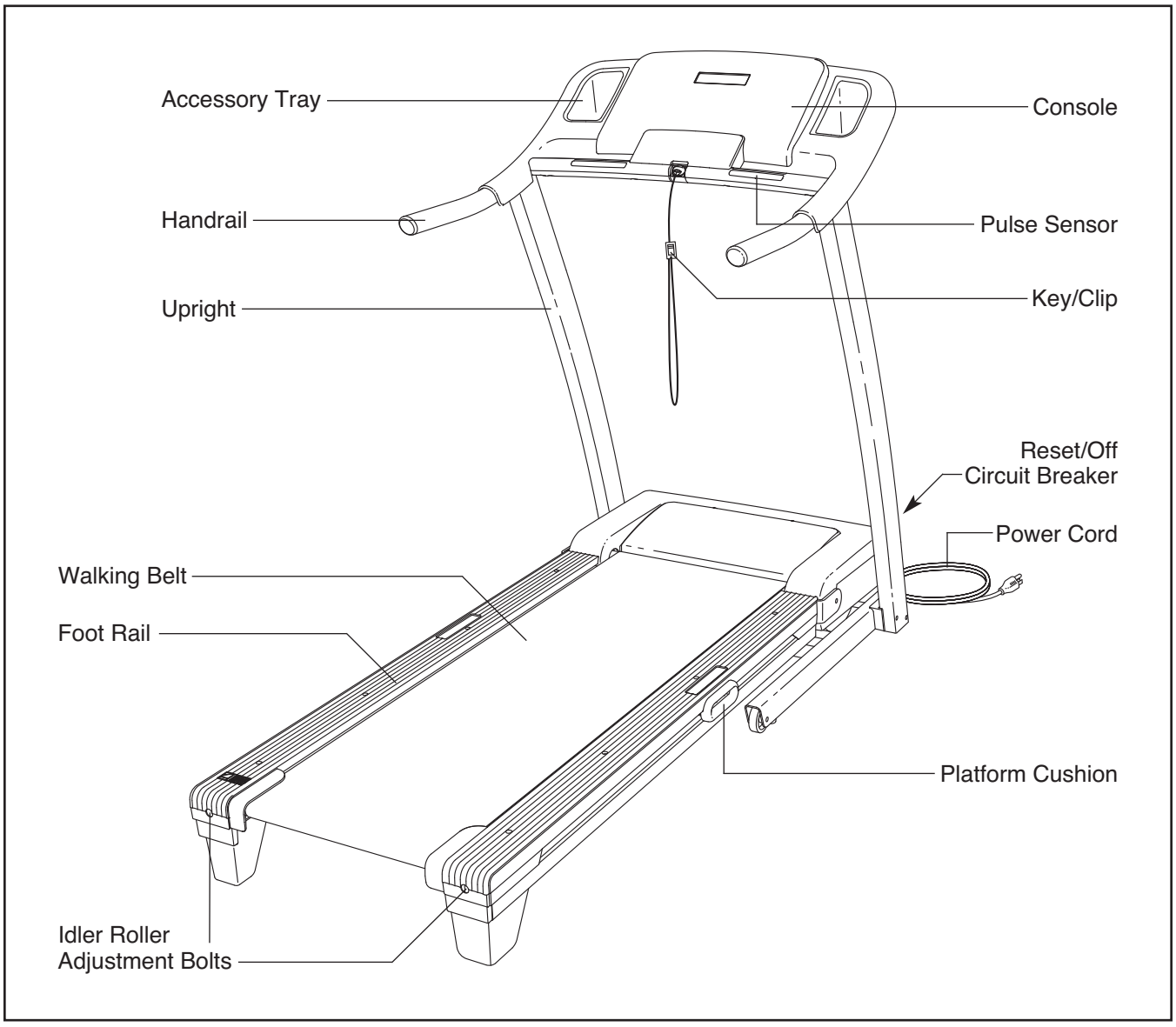
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 480 E treadmill. The 480 E treadmill offers a selection of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.proformservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



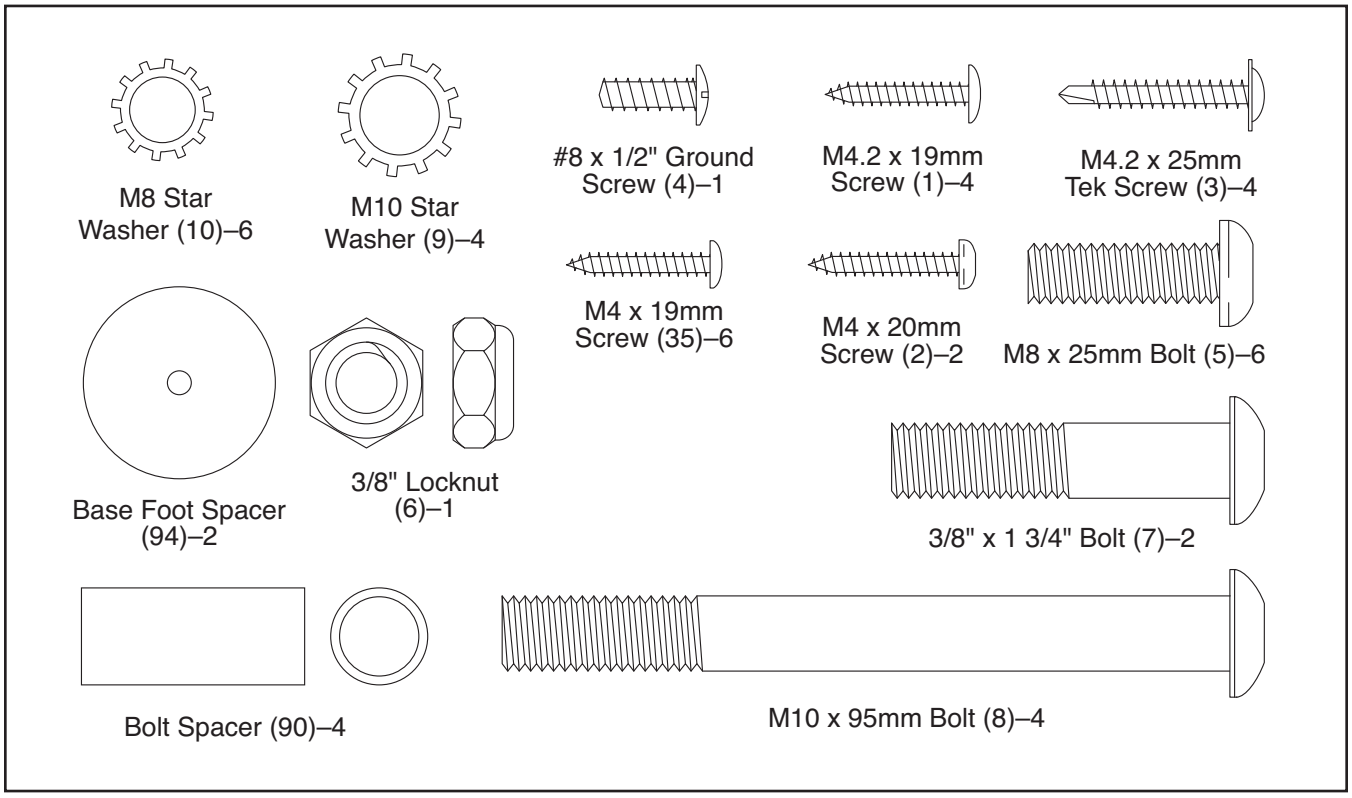
ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480.

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys and your own Phillips screwdriver , adjustable wrench , and scissors .

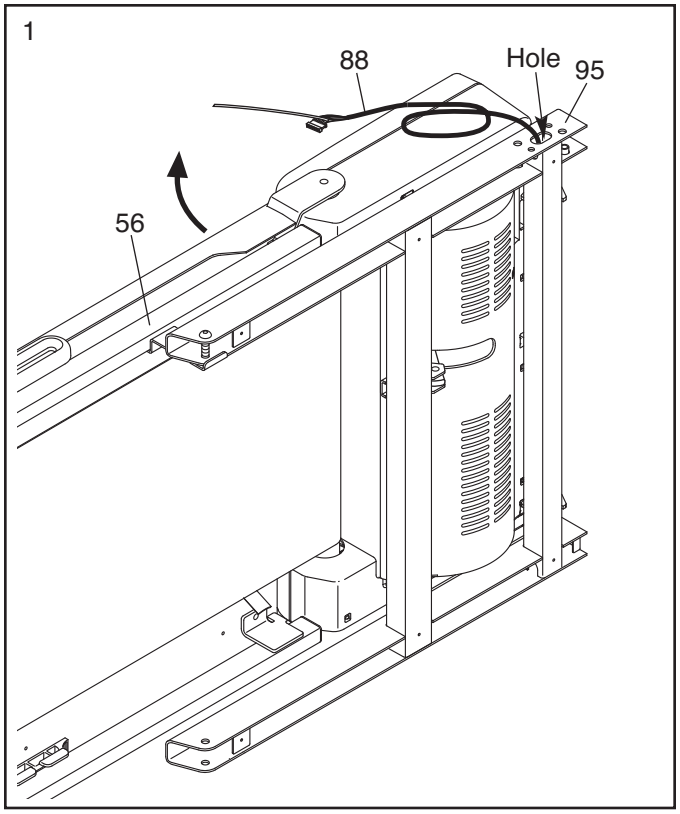
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**



1. **Make sure that the power cord is unplugged.**

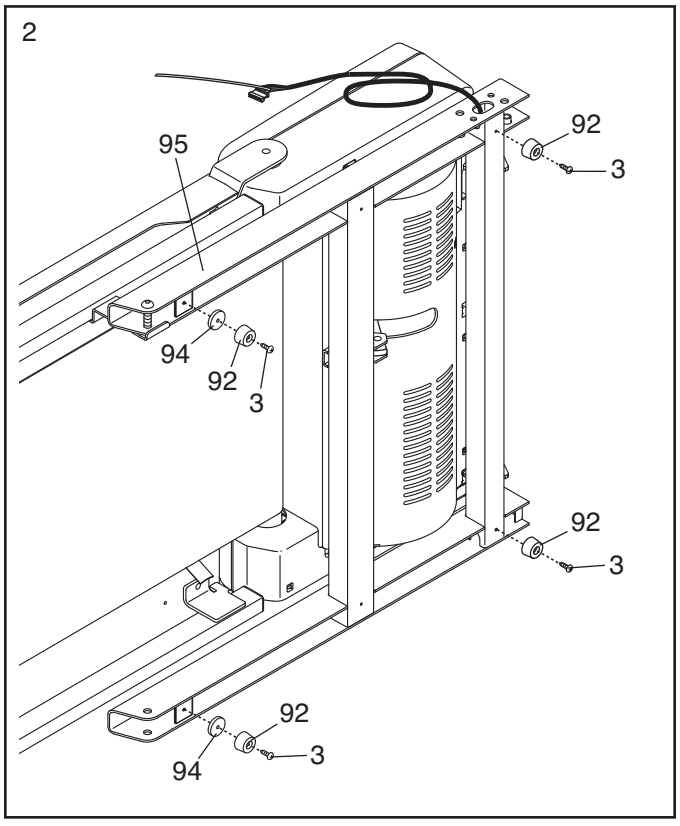
   With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (56) so that the treadmill is more stable; **do not fully fold the Frame yet.**

   Cut the tie securing the Wire Harness (88) to the Base (95). Next, locate a tie in the indicated hole in the Base, and use the tie to pull the Wire Harness out of the hole.

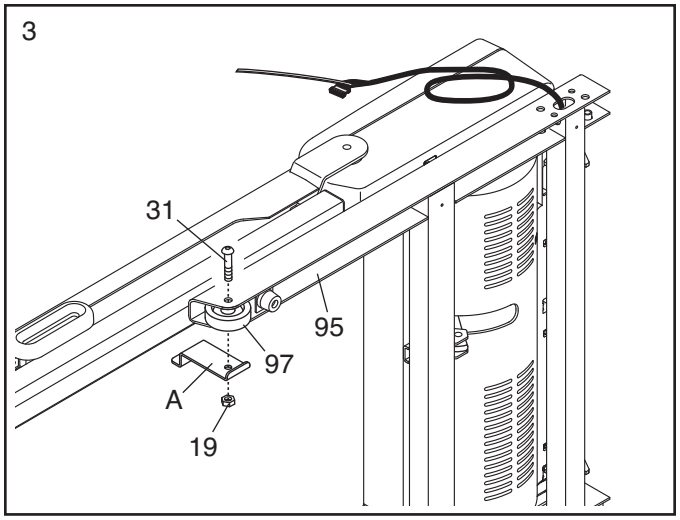


2. Attach two Base Feet (92) to the Base (95) in the locations shown with two M4.2 x 25mm Tek Screws (3) and two Base Foot Spacers (94).

   Attach the other two Base Feet (92) with only two M4.2 x 25mm Tek Screws (3).



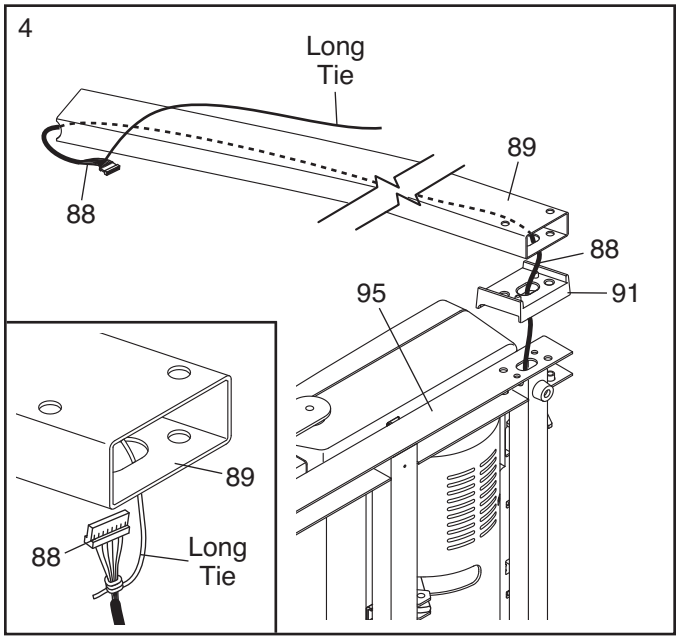
3. Remove the M10 Nut (19), the M10 x 50mm Bolt (31), and the shipping bracket (A) from the Base (95). Attach a Wheel (97) with the Bolt and the Nut that you just removed. **Do not overtighten the Nut; the Wheel must turn freely.** Discard the shipping bracket.



4. Identify the Right Upright (89) and the Right Upright Spacer (91), which are marked with stickers.

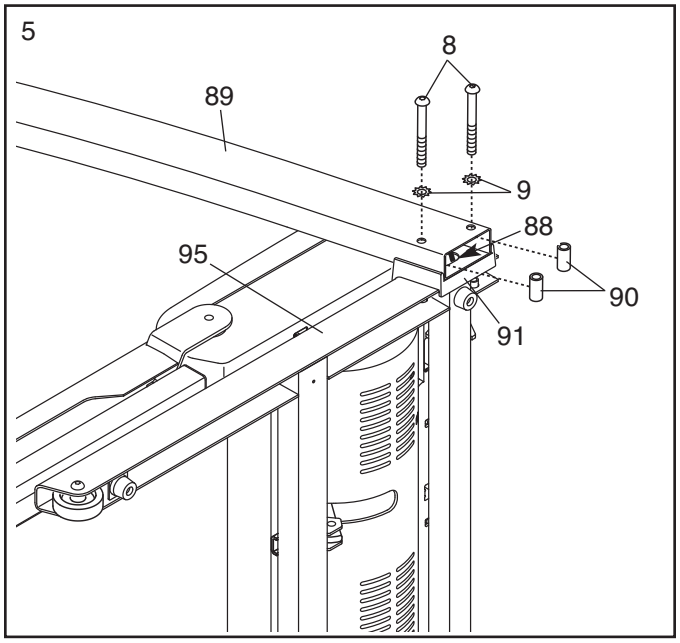
   Insert the Wire Harness (88) through the Right Upright Spacer (91) as shown. Then, set the Right Upright Spacer on the Base (95).

   With the help of a second person, hold the Right Upright (89) near the Base (95). **See the inset drawing.** Tie the long tie in the Right Upright securely around the end of the Wire Harness (88). Then, pull the other end of the long tie until the Wire Harness is routed completely through the Right Upright.

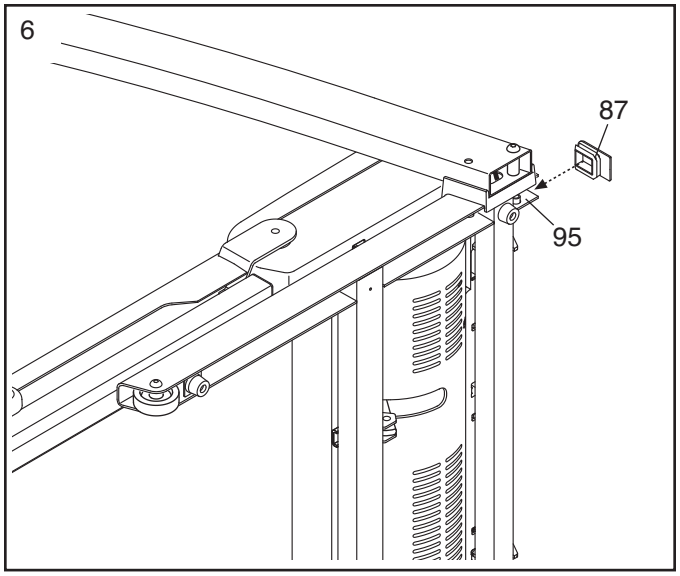


5. Hold a Bolt Spacer (90) inside the lower end of the Right Upright (89). Insert an M10 x 95mm Bolt (8) with an M10 Star Washer (9) into the Right Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (90), M10 x 95mm Bolt (8), and M10 Star Washer (9).**

   Hold the Right Upright Spacer (91) and the Right Upright (89) against the Base (95). **Be careful not to pinch the Wire Harness (88).** Tighten the M10 x 95mm Bolts (8) until the heads of the Bolts touch the Right Upright; **do not fully tighten the Bolts yet.**

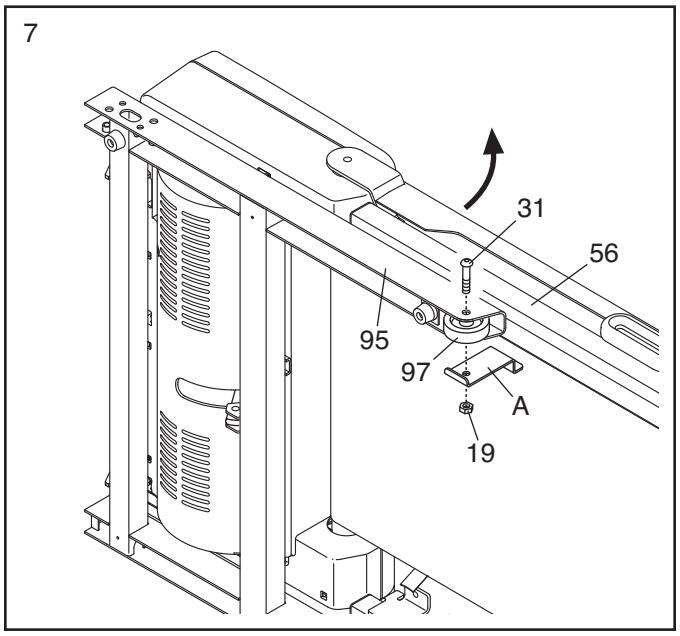


6. Press a Base Cap (87) into the Base (95).



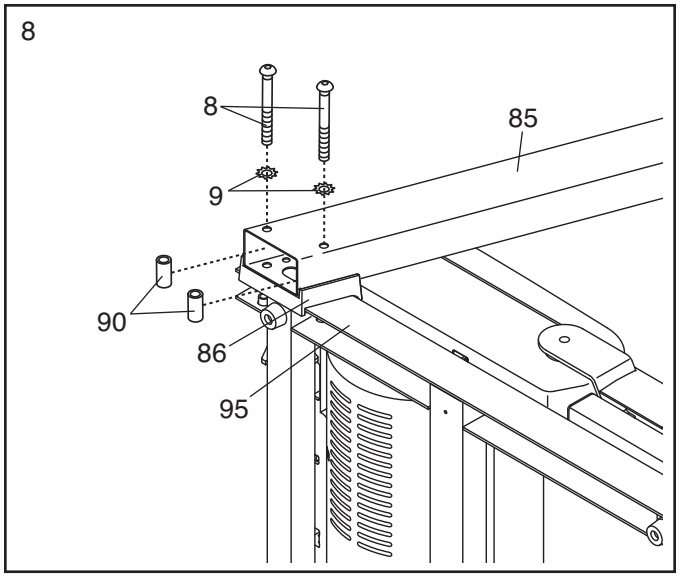
7. With the help of a second person, carefully tip the treadmill onto its right side. Partially fold the Frame (56) so that the treadmill is more stable; **do not fully fold the Frame yet.**

   Remove the M10 Nut (19), the M10 x 50mm Bolt (31), and the shipping bracket (A) from the Base (95). Attach a Wheel (97) with the Bolt and the Nut that you just removed. **Do not over-tighten the Nut; the Wheel must turn freely.** Discard the shipping bracket.



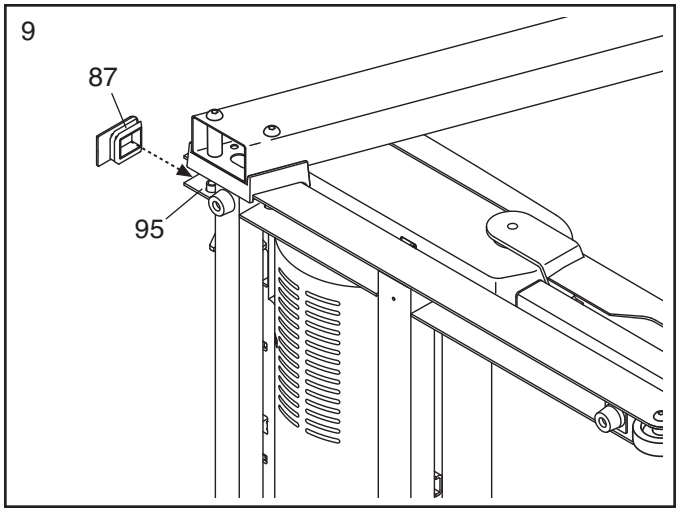
8. With the help of a second person, hold a Bolt Spacer (90) inside the lower end of the Left Upright (85). Insert an M10 x 95mm Bolt (8) with an M10 Star Washer (9) into the Left Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (90), M10 x 95mm Bolt (8), and M10 Star Washer (9).**

   Orient the Left Upright (85) and the Left Upright Spacer (86) as shown. Hold the Left Upright Spacer and the Left Upright against the Base (95). Tighten the M10 x 95mm Bolts (8) until the heads of the Bolts touch the Left Upright; **do not fully tighten the Bolts yet.**



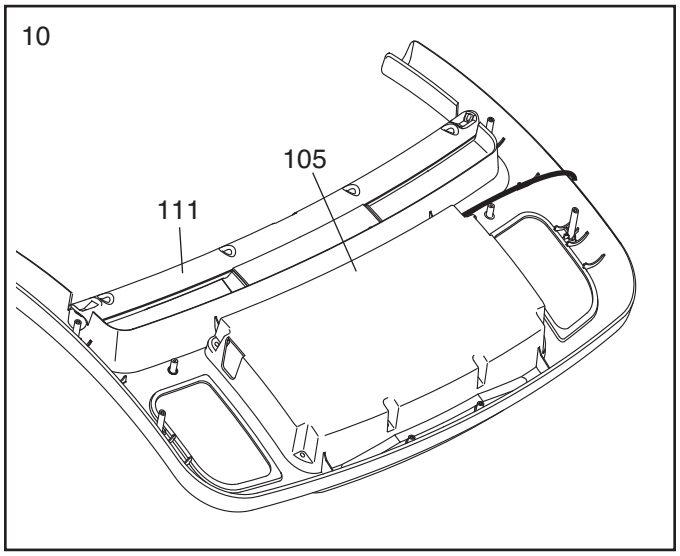
9. Press a Base Cap (87) into the Base (95).

   With the help of a second person, tip the treadmill so that the Base (95) is flat on the floor.



10. Set the Console (105) face down on a soft surface to avoid scratching the Console. Remove the ties securing the Pulse Support (111) to the Console.

    Lift off the Pulse Support (111).

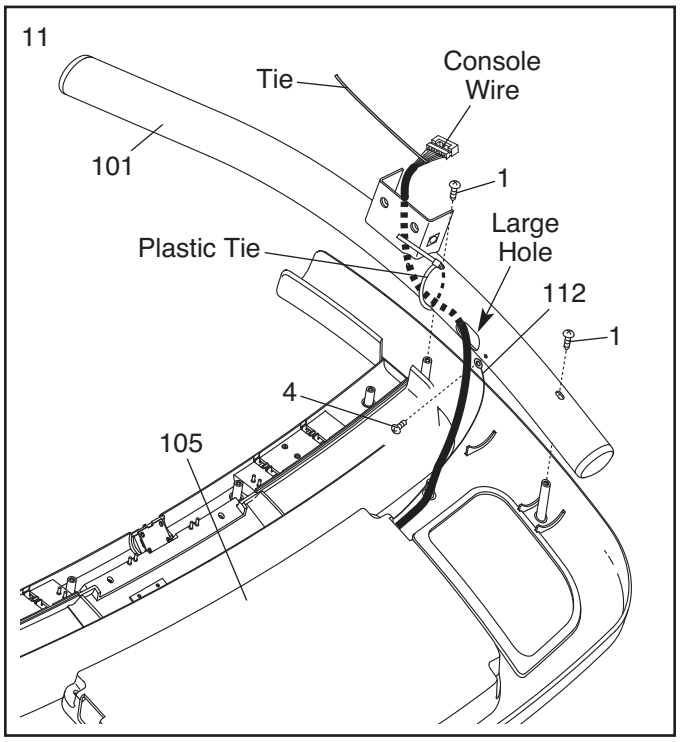


11. Identify the Right Handrail (101), which has a large hole in the location shown. Hold the Right Handrail near the Console (105). Attach the Console Ground Wire (112) to the Right Handrail with a #8 x 1/2" Ground Screw (4).

    Next, insert the tie on the console wire into the large hole in the Right Handrail (101) and out of the top as shown. Insert the included plastic tie through the holes in the Right Handrail as shown. Make sure the plastic tie holds the console wire to the near side. Tighten the plastic tie.

    Attach the Right Handrail with two M4.2 x 19mm Screws (1). **Make sure that no wires are pinched. Start both Screws before tightening either of them; do not overtighten the Screws.** Remove the plastic tie.

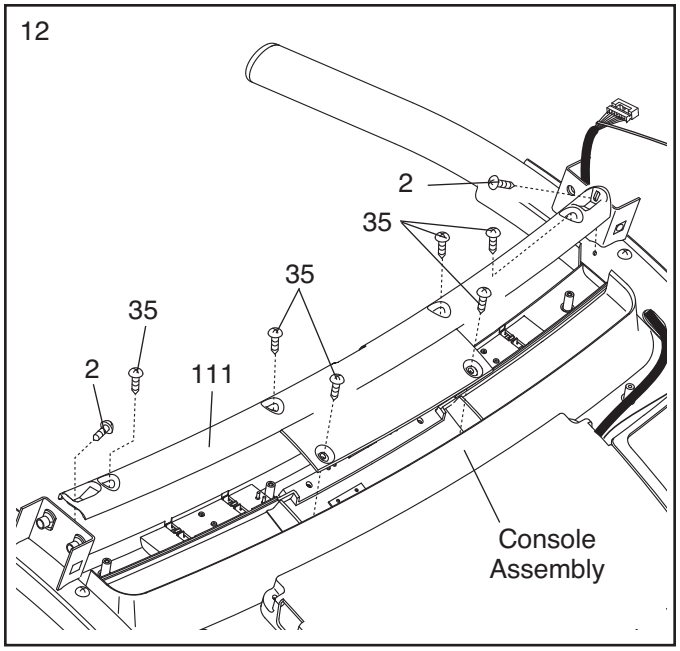
    Attach the Left Handrail (not shown) to the Console (105) in the same way. Note: There are no wires on the left side of the Console.



12. Set the Pulse Support (111) on the console assembly. **Make sure that no wires are pinched.**

    Tighten two M4 x 20mm Screws (2) into the Pulse Support (111).

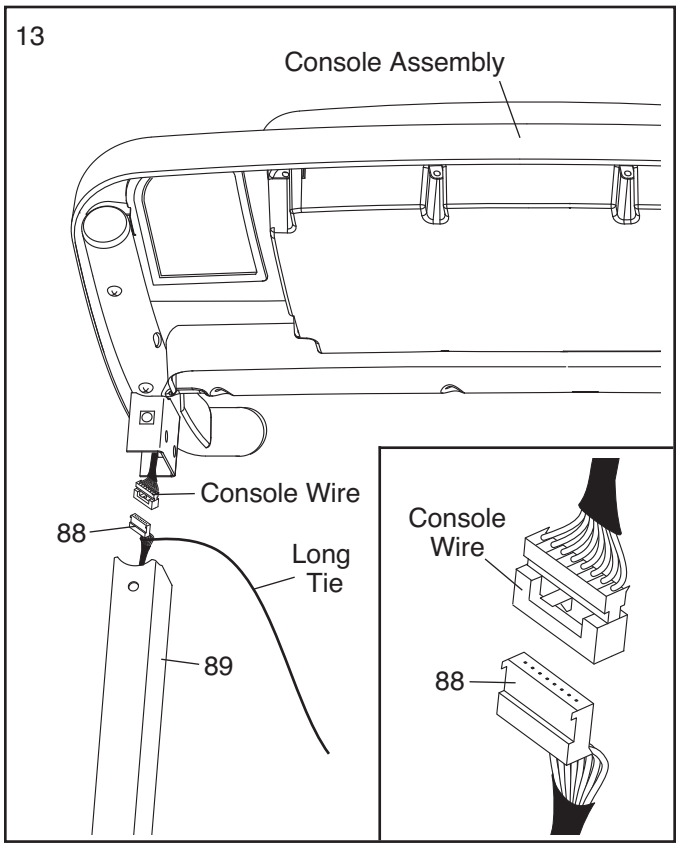
    Tighten six M4 x 19mm Screws (35) into the Pulse Support (111) and console assembly. **Start all six Screws before tightening any of them.**



13. Have a second person hold the console assembly near the Right Upright (89).

    Connect the Wire Harness (88) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Remove the long tie from the Wire Harness and the tie from the console wire. Then, insert the connectors into the Right Upright (89).

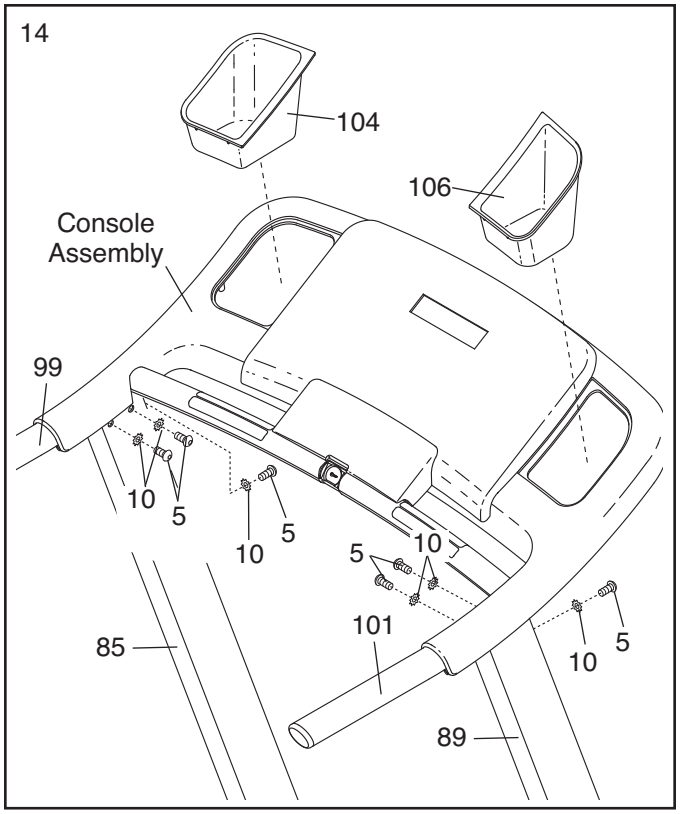
    Set the console assembly on the Right Upright (89) and the Left Upright (not shown). **Make sure that no wires are pinched.**



14. Tighten six M8 x 25mm Bolts (5) with six M8 Star Washers (10) into the Uprights (85, 89) and the Handrails (99, 101). **Start all six Bolts before tightening any of them.**

See steps 5 and 8. Tighten the four M10 x 95mm Bolts (8).

Press the Left Accessory Tray (104) and Right Accessory Tray (106) into the console assembly.



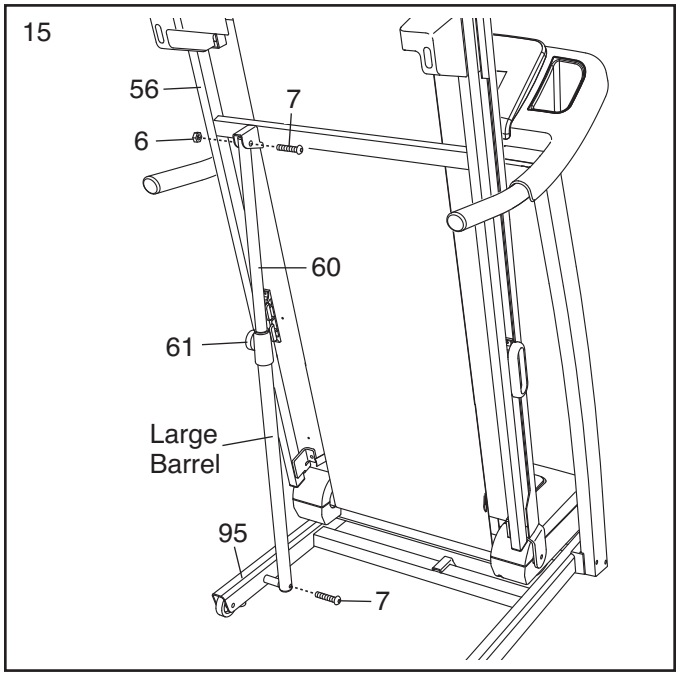
15. Raise the Frame (56) to the position shown. **Have a second person hold the Frame until this step is completed.**

Orient the Storage Latch (60) so that the large barrel and the Latch Knob (61) are in the positions shown.

Attach the upper end of the Storage Latch (60) to the Frame (56) with a 3/8" x 1 3/4" Bolt (7) and a 3/8" Locknut (6).

Attach the lower end of the Storage Latch (60) to the Base (95) with a 3/8" x 1 3/4" Bolt (7). Note: It may be necessary to move the Frame (56) back and forth to align the Storage Latch with the Base.

Lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 21).



16. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see pages 23 and 24).

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

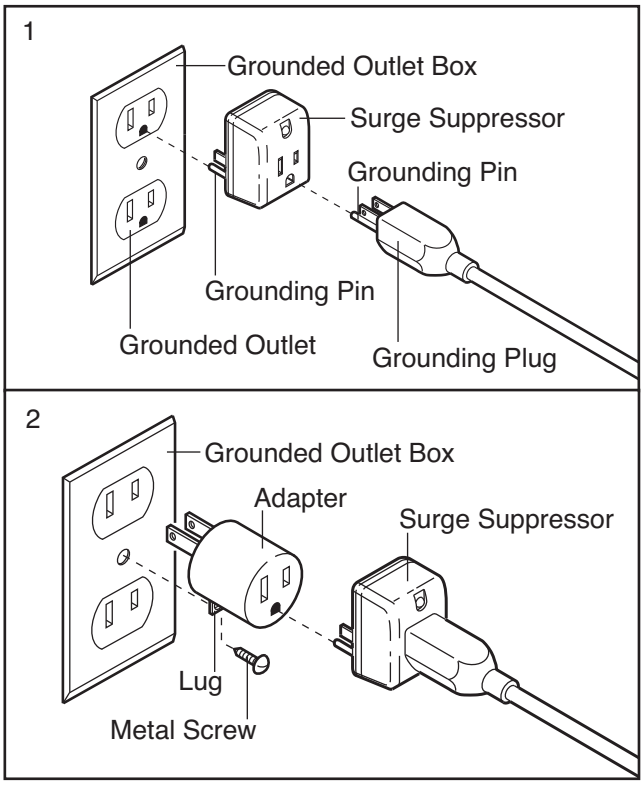
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

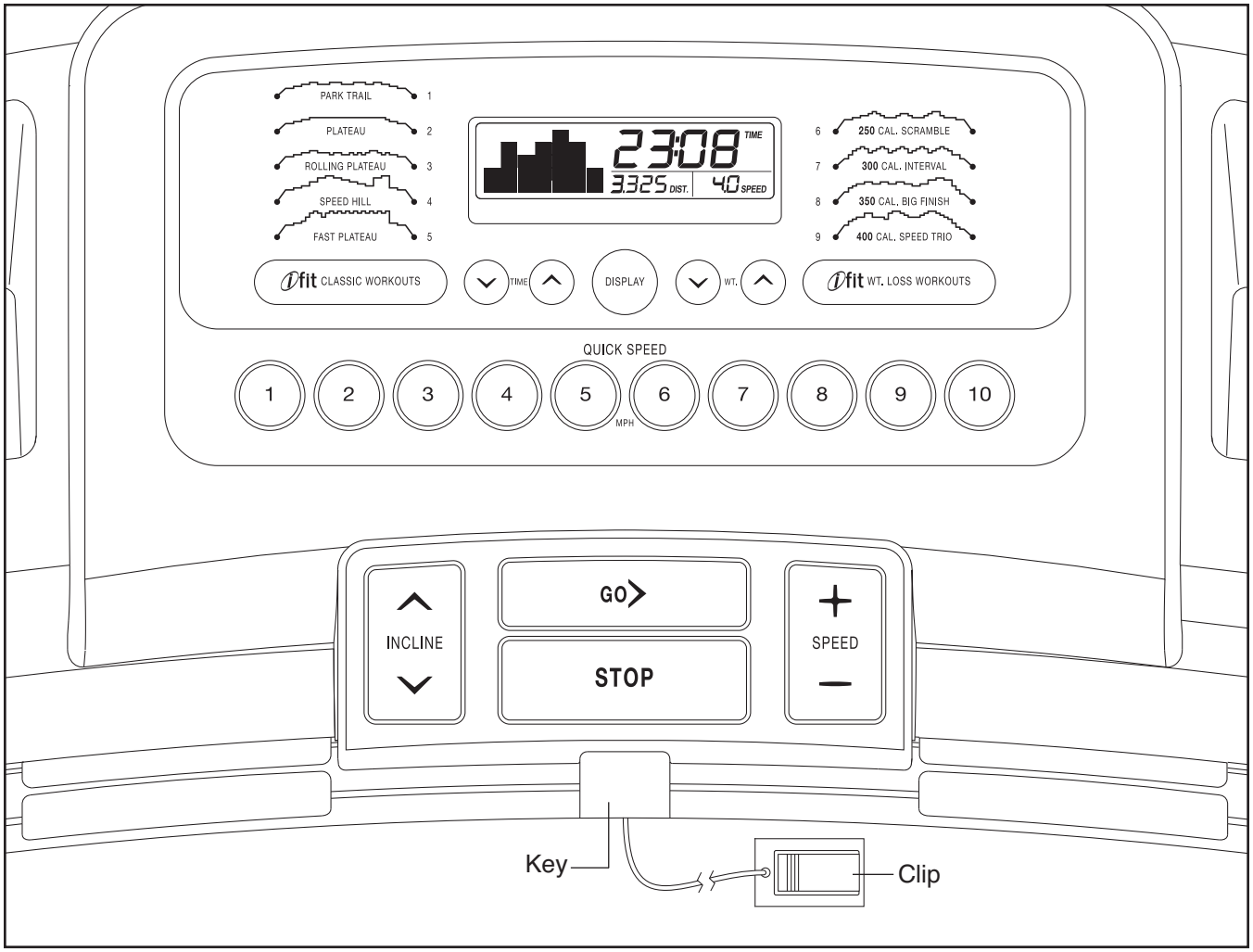
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

In addition, the console features five classic workouts and four weight loss workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

To turn on the power, see page 15. **To use the manual mode,** see page 15. **To use a classic workout,** see page 17. **To use a weight loss workout,** see page 18. **To use the information mode,** see page 19.

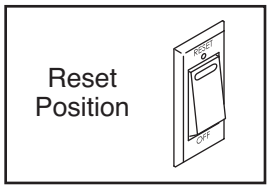
IMPORTANT: If there are sheets of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 24).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 19. Note: For simplicity, all instructions in this section refer to miles.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 13). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the reset/off circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 19 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 14) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER at the left.

2. **Select the manual mode.**

   When the key is inserted, the manual mode will be selected. If a preset workout has been selected, remove the key and then reinsert it.

3. **Enter your weight if desired.**

   For the most accurate calorie count, enter your weight into the console by pressing the Wt. increase and decrease buttons repeatedly. Note: Once you have entered your weight, your weight will be saved in memory.

4. **Start the walking belt.**

   To start the walking belt, Press the Go button, the Speed increase button, or one of the Quick Speed buttons numbered 1 through 10.

   If you press the Go button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. Note: After you press a button, it may take a moment for the walking belt to reach the selected speed setting.

   If you press one of the numbered Quick Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

   To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Go button or the Speed increase button.

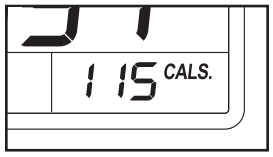
5. **Change the incline of the treadmill as desired.**

To change the incline of the treadmill, press the Incline increase or decrease buttons. Each time you press a button, the incline will change by 0.5%. Note: After you press a button, it may take a moment for the treadmill to reach the selected incline setting.

6. **Follow your progress with the displays.**

The track—When the manual mode is selected, a track representing 1/4 mile (400 meters) will appear in the matrix. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run. The lower left display will also show the incline of the treadmill each time the incline level changes. Note: When a workout is selected, the lower left display will show the time remaining in the workout instead of the elapsed time.

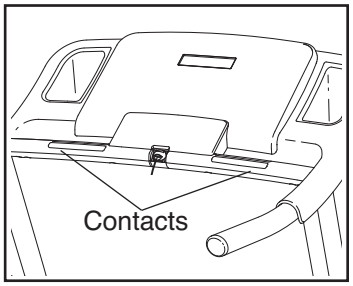


The lower right display—The lower right display can show the approximate number of calories that you have burned and the speed of the walking belt. The display also shows your heart rate when you use the handgrip pulse sensor (see step 6).

The upper display—The upper display can show the elapsed time, the distance that you have walked or run, the approximate number of calories that you have burned, or the speed of the walking belt. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower displays.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

7. **Measure your heart rate if desired.**



Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts on the pulse bar. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and hold the pulse bar with your palms on the metal contacts. **Avoid moving your hands.** When your pulse is detected, a heart symbol in the lower right display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

8. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting or you may damage the treadmill when you fold it to the storage position.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

HOW TO USE A CLASSIC WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a classic workout.**

   To select a classic workout, press the iFit Classic Workouts button repeatedly until the number of the desired workout appears in the display.

   When you select a classic workout, the maximum incline level of the workout will flash in the lower left display, the maximum speed setting will flash in the lower right display, and then the workout duration will appear in the upper display. In addition, a profile of the speed settings of the workout will scroll across the display.

3. **Enter your weight if desired.**

   For the most accurate calorie count, enter your weight into the console by pressing the Wt. increase and decrease buttons repeatedly. Note: Once you have entered your weight, your weight will be saved in memory.

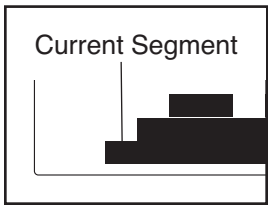
4. **Select the duration of the workout if desired.**

   If you have selected a classic workout, you can set the duration of the workout to a time between 15 and 45 minutes, in increments of 5 minutes. To set the duration of the workout press the Time increase or decrease button until the desired time is selected. The new workout settings will appear in the displays.

5. **Press the Go button or the Speed increase button to start the workout.**

   A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Each workout is divided into 30 one-minute segments, unless you have changed the length of the workout (see step 4). One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.



   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and/or incline setting is programmed for the next segment, the speed and/or incline setting will flash in the display to alert you and the treadmill will automatically adjust to the new speed and/or incline setting.

   The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

   If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Go button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

6. **Follow your progress with the displays.**

   See step 6 on page 16.

7. **Measure your heart rate if desired.**

   See step 7 on page 16.

8. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 16.

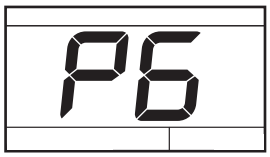
HOW TO USE A WEIGHT LOSS WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a weight loss workout.**

   To select a weight loss workout, press the iFit Wt. Loss Workouts button repeatedly until the number of the desired workout appears in the display.



   When you select a weight loss workout, the incline level of the workout will flash in the lower left display, the speed setting will flash in the lower right display, and then the workout duration will appear in the upper display. In addition, a profile of the speed settings of the workout will scroll across the display.

3. **Enter your weight if desired.**

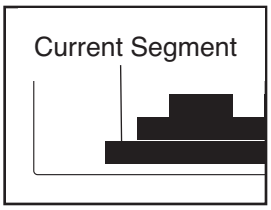
   For the most accurate calorie count, enter your weight into the console by pressing the Wt. increase and decrease buttons repeatedly. Note: Once you have entered your weight, your weight will be saved in memory.

4. **Press the Go button or the Speed increase button to start the workout.**

   A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Each workout is divided into 30 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and/or incline setting is programmed for the next segment, the speed and/or incline setting will flash in the display to alert you and the treadmill will automatically adjust to the new speed and/or incline setting.



   The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

   If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Go button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

   IMPORTANT: The numbers of calories printed below the profiles on the right side of the console are estimates of the numbers of calories that you will burn during the workouts. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.

5. **Follow your progress with the displays.**

   See step 6 on page 16.

6. **Measure your heart rate if desired.**

   See step 7 on page 16.

7. **When you are finished exercising, remove the key from the console.**

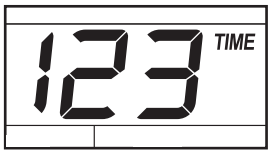
   See step 8 on page 16.

THE INFORMATION MODE

The console features an information mode that keeps track of the total distance that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to select a measurement system of miles or kilometers, and to turn on and turn off the display demo mode.

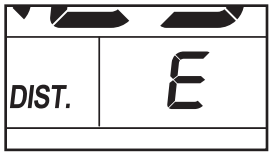
To select the information mode, hold down the Stop button while inserting the key into the console and then release the Stop button. When the information mode is selected, the following information will be shown:

The upper display will show the total number of hours the treadmill has been used.



The lower left display will show the total number of miles (or kilometers) that the walking belt has moved.

An “E” for English miles or an “M” for metric kilometers will appear in the lower right display. Press the Speed increase button to change the unit of measurement if desired.



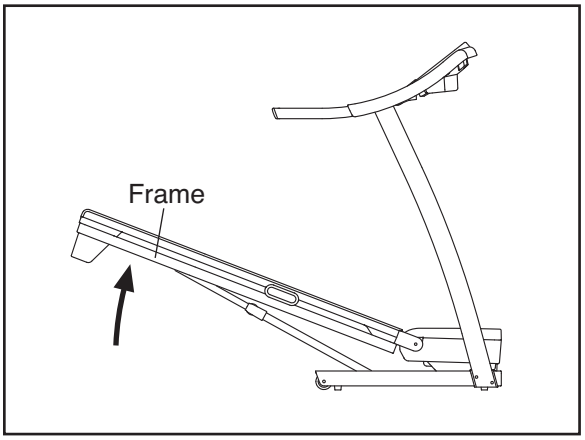
The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear in the lower right display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

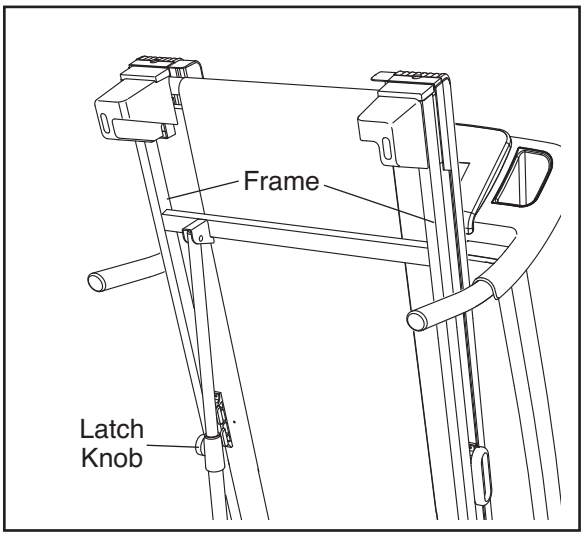
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.



1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame.** Raise the frame about halfway to the vertical position.

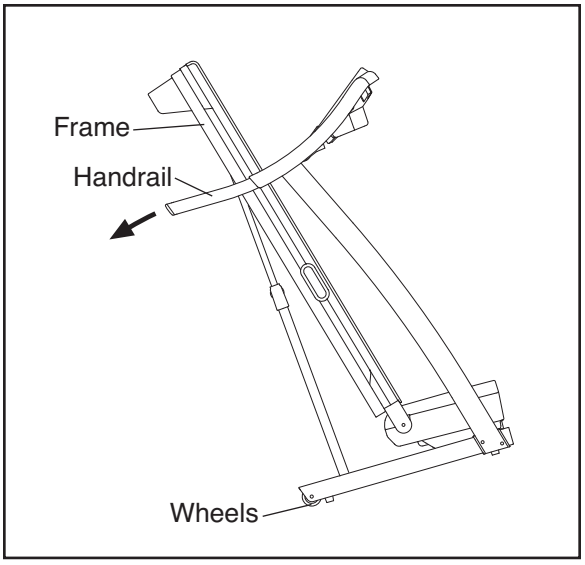
2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert it to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**



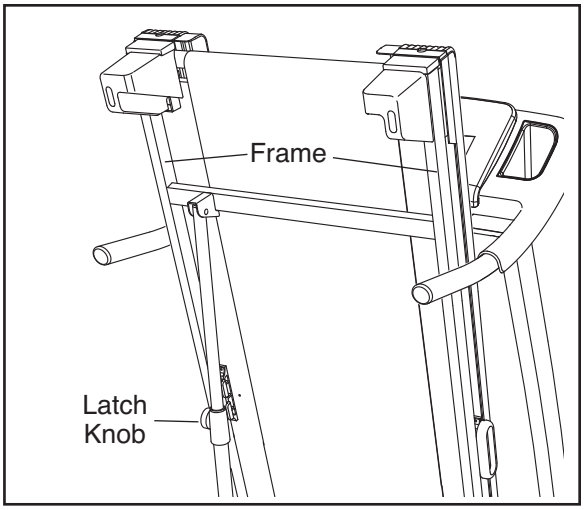
1. Hold a handrail and the frame, and place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Do not pull back on the frame. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

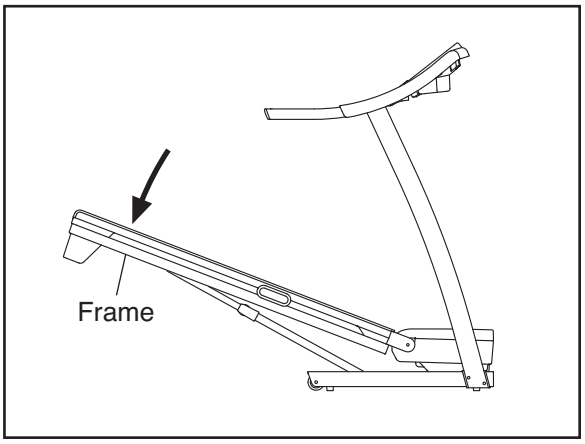
3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.



2. **Hold the metal frame firmly with both hands and lower it to the floor. CAUTION: Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.**



TROUBLESHOOTING

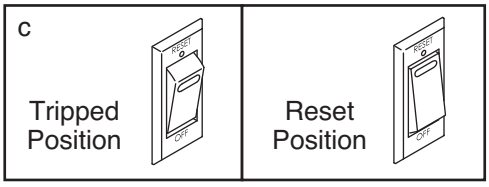
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 13). Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

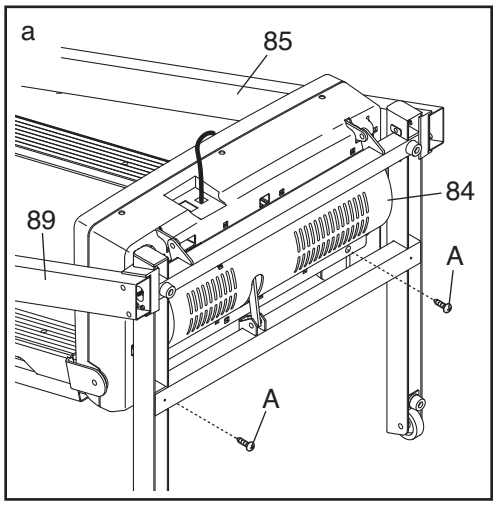
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The console displays remain lit when you remove the key from the console

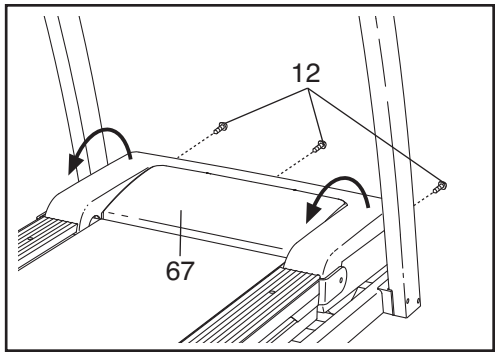
SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 19 to turn off the demo mode.

PROBLEM: The displays of the console do not function properly

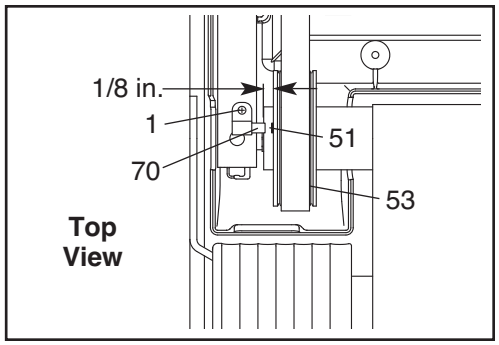
SOLUTION: a. Adjust the incline level of the treadmill to 5 percent. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip down the Uprights (85, 89). There may be two Screws (A) in the bottom of the Belly Pan (84). If there are, remove them. Note: A Phillips screwdriver with a shaft at least 5 in. (13 cm) long is required. Then, raise the Uprights.



Remove the three M4.2 x 19mm Hood Screws (12) and carefully pivot the Hood (67) off.



Locate the Reed Switch (70) and the Magnet (51) on the left side of the Pulley (53). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4.2 x 19mm Screw (1), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown) with the three M4.2 x 19mm Hood Screws (not shown) and the two Screws (not shown) if necessary. Run the treadmill for a few minutes to check for a correct speed reading.



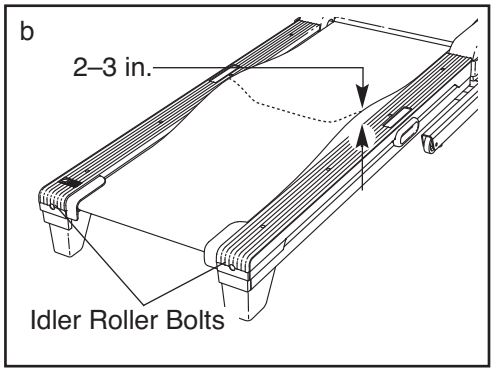
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13.

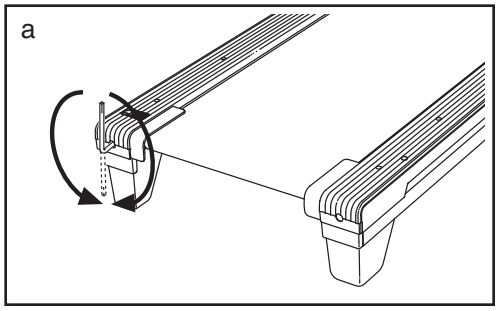
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



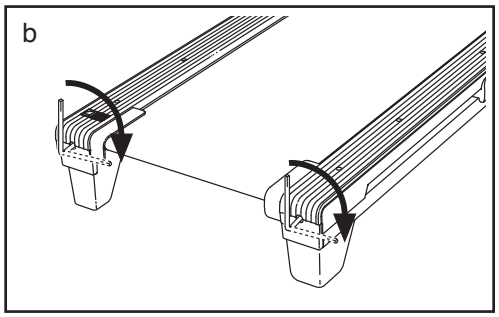
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over age 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	
145	*138*	*130*	*125*	*118*	*110*	*103*	
125	*120*	*115*	*110*	*105*	*95*	*90*	
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PFTL49508.0

R0808A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

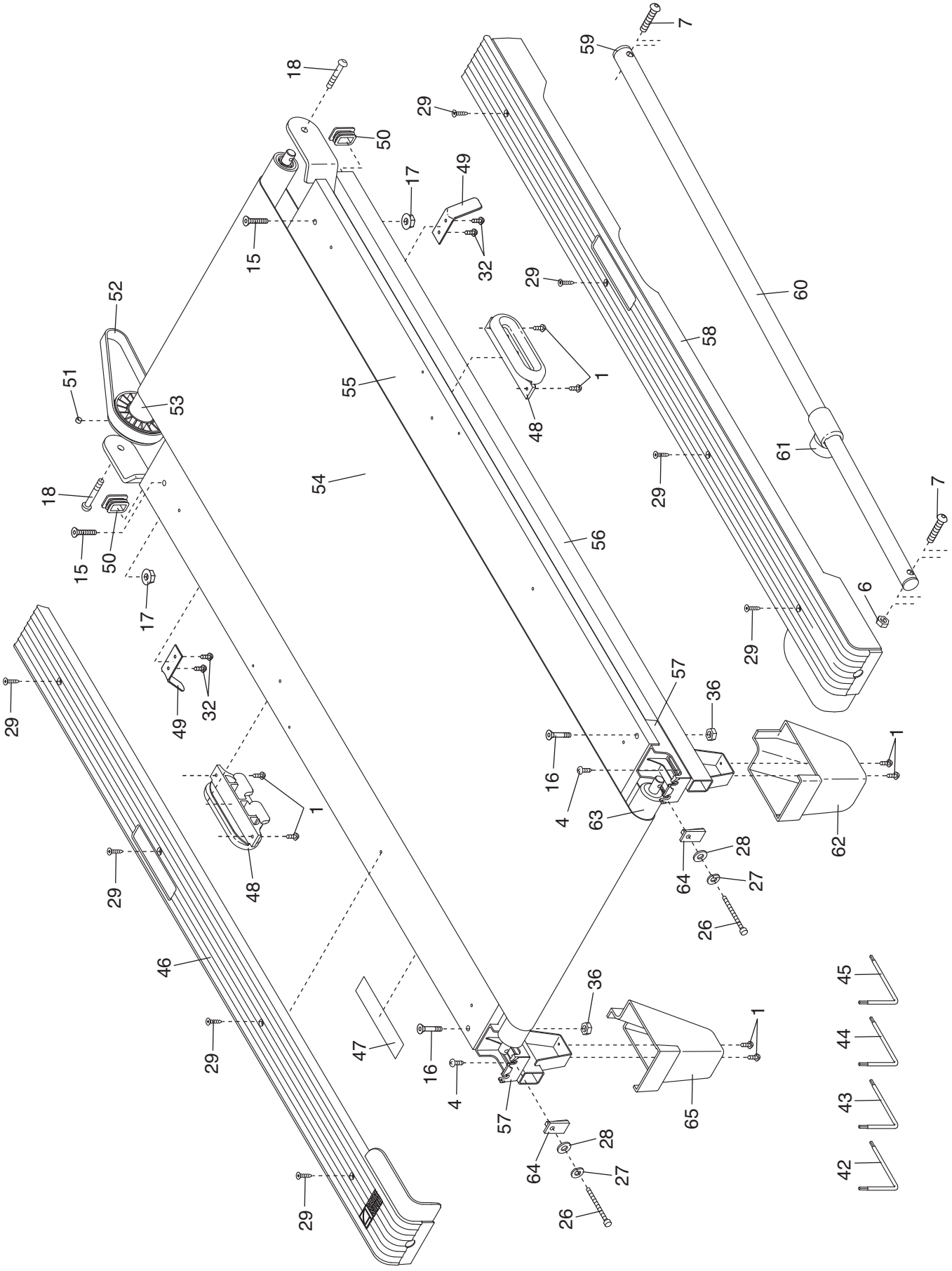
Key No.	Qty.	Description
1	13	M4.2 x 19mm Screw
2	2	M4 x 20mm Screw
3	4	M4.2 x 25mm Tek Screw
4	3	#8 x 1/2" Ground Screw
5	6	M8 x 25mm Bolt
6	1	3/8" Locknut
7	2	3/8" x 1 3/4" Bolt
8	4	M10 x 95mm Bolt
9	4	M10 Star Washer
10	6	M8 Star Washer
11	5	M4.2 x 13mm Screw
12	3	M4.2 x 19mm Hood Screw
13	3	Hood Clip
14	6	M4.2 x 16mm Screw
15	2	M8 x 35mm Bolt
16	2	M8 x 90mm Bolt
17	2	M8 Flange Nut
18	2	M10 x 30mm Bolt
19	4	M10 Nut
20	1	3/8" x 1 3/4" Bolt
21	1	3/8" x 1 1/2" Bolt
22	2	3/8" Locknut
23	2	3/8" x 1" Bolt
24	2	3/8" Nut
25	1	M6 x 45mm Bolt
26	2	M6 x 70mm Bolt
27	2	M6 Lock Washer
28	2	M6 Flat Washer
29	8	M5 x 25mm Screw
30	2	1/4" Motor Bolt
31	2	M10 x 50mm Bolt
32	4	M4.2 x 13mm Screw
33	5	M4.2 x 10mm Screw
34	2	M8 Cage Nut
35	12	M4 x 19mm Screw
36	2	M8 Locknut
37	6	M2.5 x 5.5mm Screw
38	2	Cable Tie
39	7	8" Cable Tie
40	1	Releasable Tie
41	1	Key/Clip
42	1	6mm Hex Key
43	1	4mm Hex Key
44	1	5mm Hex Key
45	1	Hex Key
46	1	Left Foot Rail
47	1	Warning Decal
48	2	Platform Cushion
49	2	Belt Guide
50	2	Frame Cap
51	1	Magnet
52	1	Motor Belt
53	1	Drive Roller/Pulley
54	1	Walking Belt
55	1	Walking Platform
56	1	Frame
57	2	Roller Bracket
58	1	Right Foot Rail
59	1	Latch Cap
60	1	Storage Latch
61	1	Latch Knob
62	1	Right Foot
63	1	Idler Roller
64	2	Roller Bracket Plate
65	1	Left Foot
66	4	Clamp
67	1	Hood
68	1	Drive Motor
69	3	Lift Frame Cable Tie
70	1	Reed Switch
71	1	Reed Switch Clip
72	2	Frame Spacer
73	1	Motor Isolator
74	1	Lift Frame
75	1	Incline Stop Bracket
76	1	Lift Frame/Roller Ground Wire
77	1	Lift Motor
78	1	Lift Motor Spacer
79	1	Filter Wire
80	1	Controller
81	1	Power Cord
82	1	Power Cord Grommet
83	1	Reset/Off Circuit Breaker
84	1	Belly Pan
85	1	Left Upright
86	1	Left Upright Spacer
87	2	Base Cap
88	1	Wire Harness
89	1	Right Upright
90	4	Bolt Spacer
91	1	Right Upright Spacer
92	4	Base Foot
93	2	Caution Decal
94	2	Base Foot Spacer
95	1	Base
96	1	Lift Frame/Base Ground Wire
97	2	Wheel
98	2	Handrail Cap, Lower
99	1	Left Handrail
100	2	Handrail Cap, Upper

Key No.	Qty.	Description
101	1	Right Handrail
102	3	15 1/2" Cable Tie
103	1	Console Base
104	1	Left Accessory Tray
105	1	Console
106	1	Right Accessory Tray
107	1	Right Top Pulse Plate
108	1	Right Bottom Pulse Plate
109	1	Left Top Pulse Plate
110	1	Left Bottom Pulse Plate
111	1	Pulse Support
112	1	Console Ground Wire
*	–	12" Blue Wire, 2F
*	–	6" Blue Wire, 2F
*	–	10" Blue Wire, M/F
*	–	4" Black Wire, M/F
*	–	8" Green Wire, F/R
*	–	8" Red Wire, M/F
*	–	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

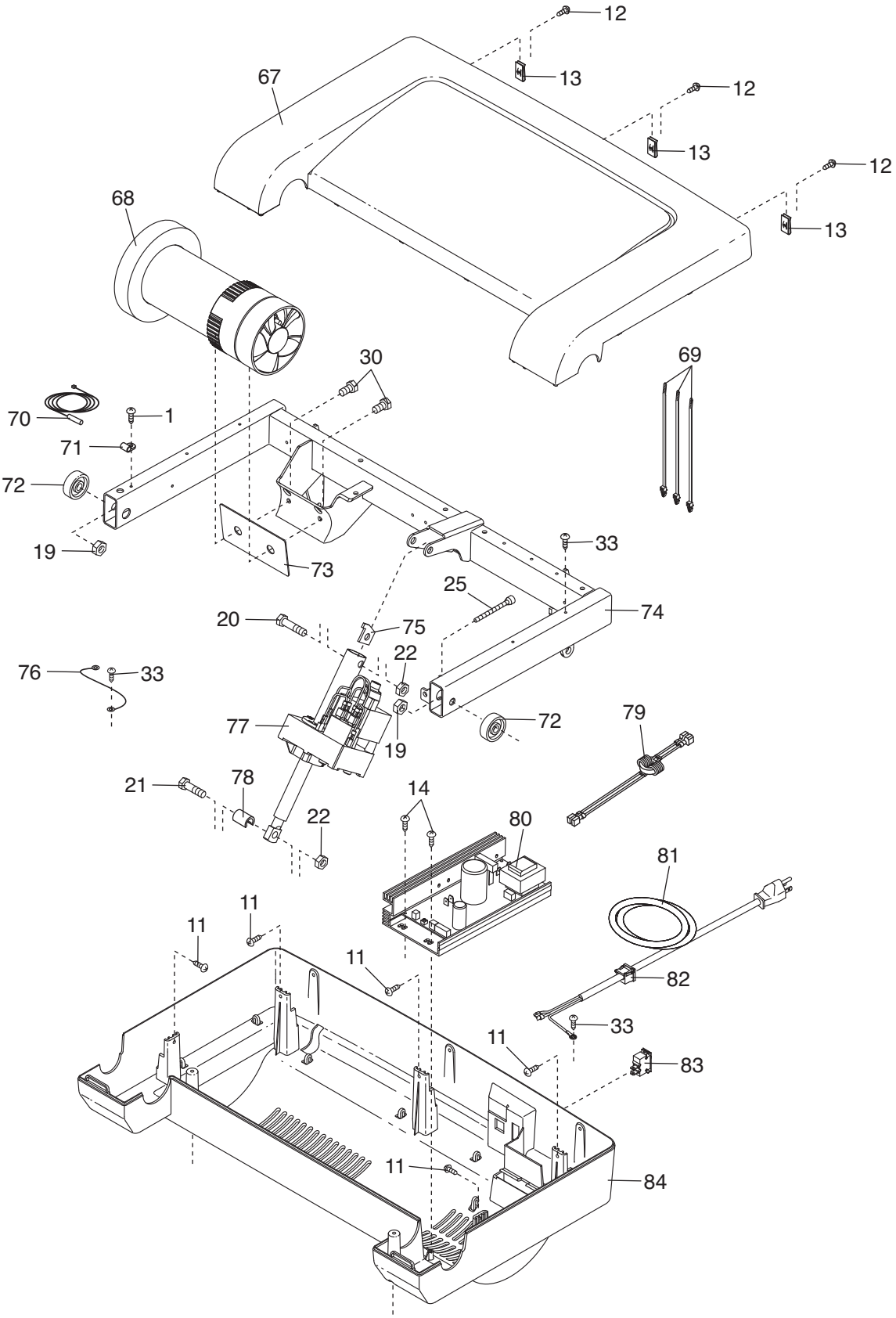
EXPLODED DRAWING A—Model No. PFTL49508.0

R0808A



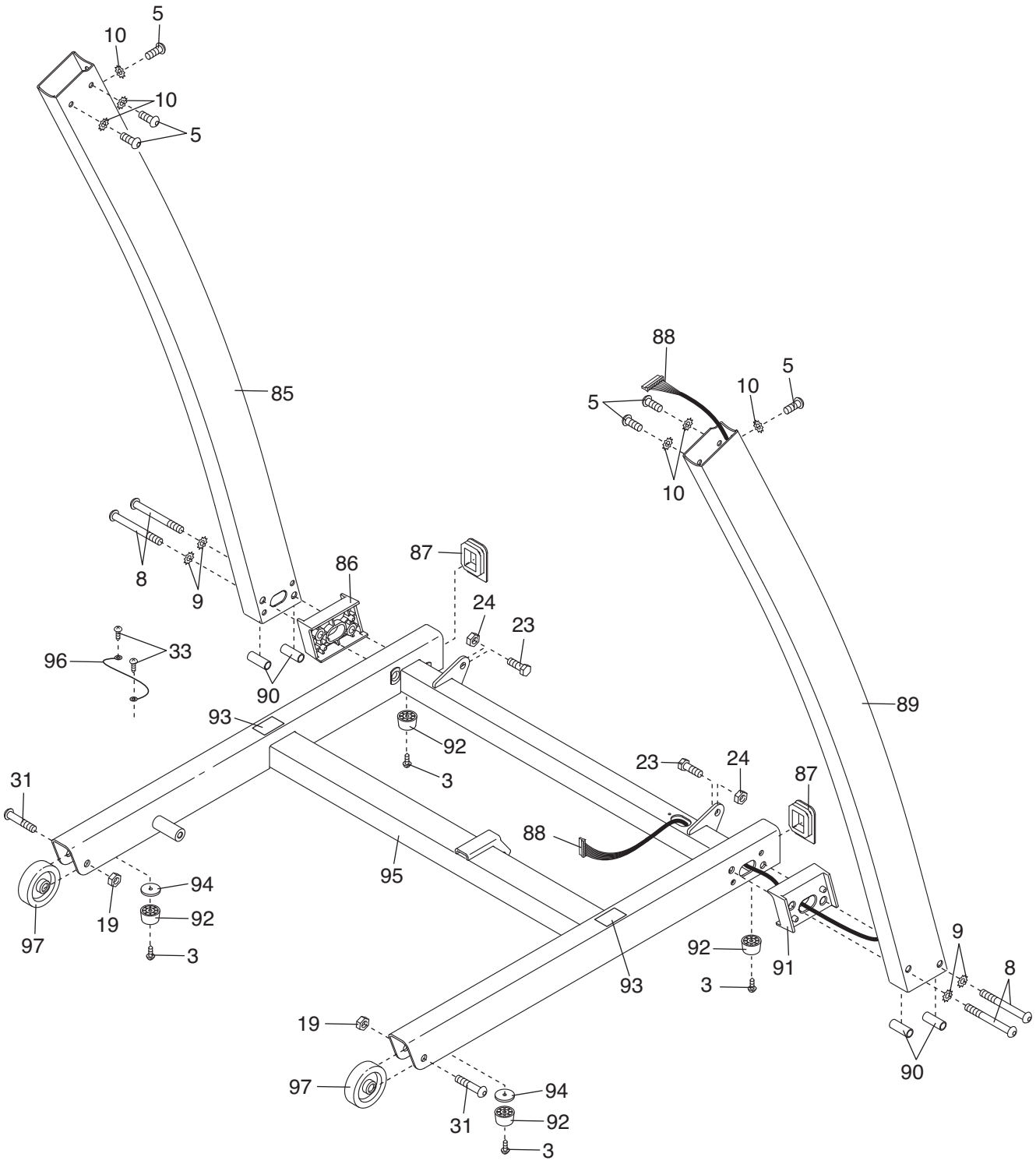
EXPLODED DRAWING B—Model No. PFTL49508.0

R0808A



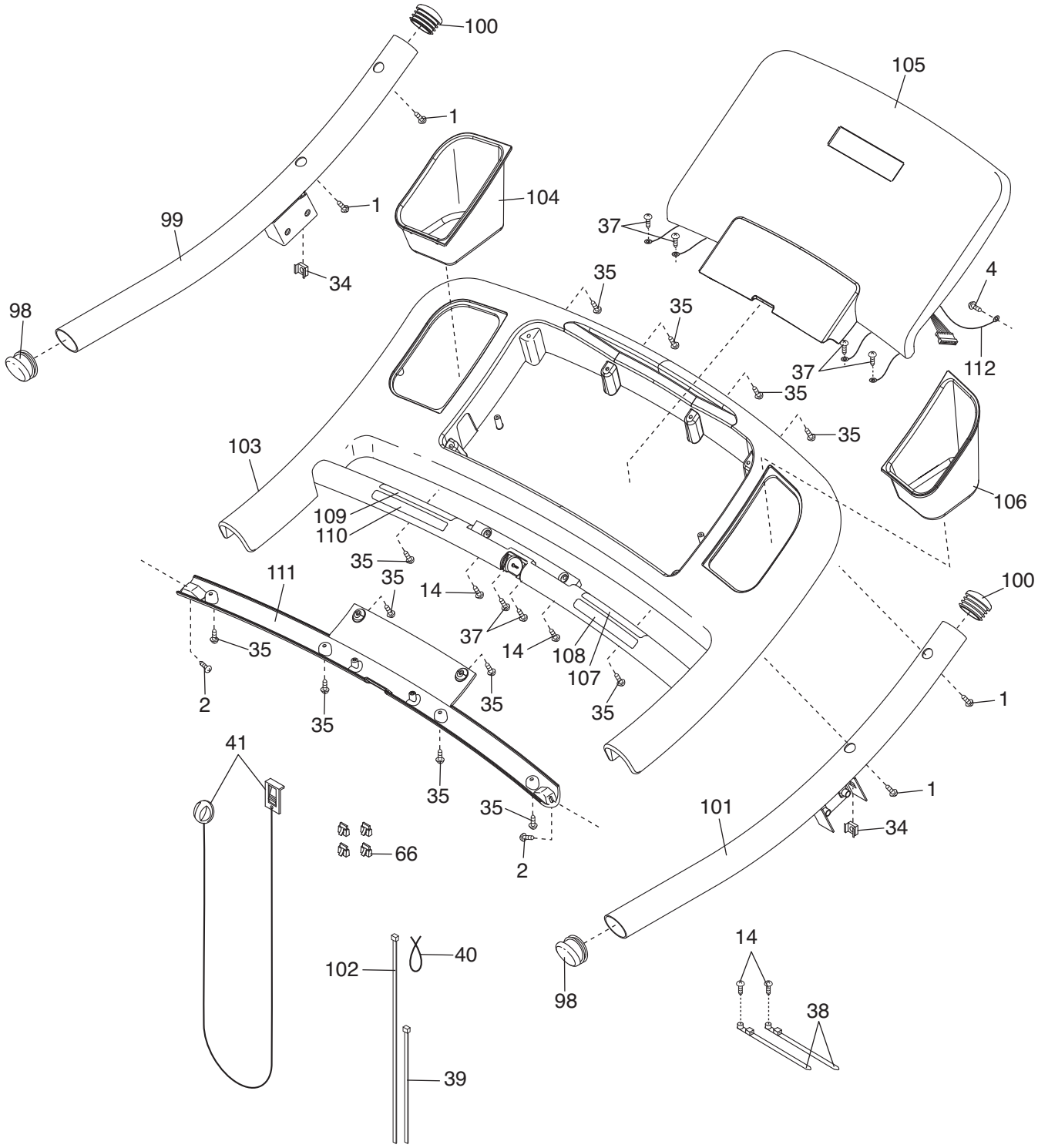
EXPLODED DRAWING C—Model No. PFTL49508.0

R0808A



EXPLODED DRAWING D—Model No. PFTL49508.0

R0808A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for seven (7) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 268839 R0808A

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